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ATTAINMENT
&
ENLIGHTENMENT

डॉ० गोपालचन्द्र मिश्र जी
वेदविभागाध्यक्ष,
सम्पूर्णानन्द संस्कृत विश्वविद्यालय वाराणसी

द्वारा प्रदत्त

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R. S. GUPTA
(Jai Siya Ram

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ENLIGHTENMENT

By

R. S. Gupta,
Jai Siya Ram

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सत्यं शिवं सुन्दरम्

Truth, Goodness & Beauty

यद्यत्कर्म करोमि तत्तदखिलं शंभो तवाराधना

Whatever I do, O God, is Thy Worship.

Padmabhushan, Knight Commander, Darshanacharya

Dr. B. L. Atreya

M. A. D. Litt.

Fellow of the International Council of Psychologists.
Hon. Member of the International Institute of Philosophy
Formerly University Professor of Philosophy and
Head of the Departments of Philosophy, Psychology.
and Indian Philosophy & Religion, and the first Provost.
BANARAS HINDU UNIVERSITY :
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Hony. Director, Research Institute of Philosophy.
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Editor : *Darshana International,*
Psychics International, and Gaveshana.

A FOREWORD

I have a great pleasure in writing a foreword to Shri R. S. Gupta's booklet, **Attainment and Enlightenment.** The author, popularly known as, **Jai Siya Ram,** on account of being extra-ordinarily associated with Sri Ramchandra and Sri Sitaji, as their great devotee **(Bhakta)**, is well-known to me for more than 40 years as a selfless worker in the P. W. D. of the Banaras

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Hindu University. He has devoted all his leisure to mental and spiritual culture. This booklet is a mine of information about spiritual matters. He relates first his own spiritual experiences, the life of Humanji, a great Historical Devotee and enlightened soul, and some valuable hints on Yoga, the spiritual heritage of India, and also a Prayer to God and His Supreme Power, the Mother Goddess. I am sure the reader will gain much from the book, as myself have gained. I congratulate the author for putting the ocean in a small pot, as they say in Hindi. "Gagar me Sagar bhar diya". I hope the book will have a wide circulation and will help the world in becoming a kingdom of Heaven, with love, joy and peace prevailing in it.

Atreya-niwas. B.L. Atreya, M.A., D. Litt.
Varanasi–5 Darshanacharya, Padmabhushan &
(1) P.O. Hindu University, Knight Commander
3-3-74

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INTRODUCTION

The goal of life is realization of God. It is the goal of one and all, irrespective of one's color, nationality, educational qualifications, social status, caste, creed or sex. It is toward this goal that all beings are moving consciously or unconsciously. Man's life on earth is only a preparation or training to qualify him for life in Spirit, which he is, but has forgotten. To regain his forgotten spiritual glory is the culmination of his struggle and the crowning of his success and achievement. The full beauty of the human personality, the full depth of his being, and the full grandeur and greatness of his nature will blossom and surface only when man seeks after God-realization and launches his struggle to liberate himself from the clutches of everything finite, small and perishable. The highest goal cannot be achieved by mere willing and wishing. Attainment and enlightenment is a masterly feat. The Scriptures describe the struggles as walking on edge of a sword. The seeker will have to make sacrifice after sacrifice, face ordeal after ordeal, tackle problem after problem until he is able to meet God face to face. An unquenchable spiritual thirst, an undiminishing zeal and enthusiasm, seriousness and one-pointedness of mind and uncompromising resolve to search for the goal at all costs, are the weapons that a seeker must equip himself with. Then he

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is sure to attain realization and shine as a saint or Jivanmokta.*

This booklet, *Attainment and Enlightenment*, is very useful and valuable to the aspirant as it contains the instructive and impressive events of my life, and the character and glory of a famous and respected Hero, Hanuman, and a summary of the various aspects and preachings of Yoga and its practice, as also spiritual mental & physical culture.

O, Spiritual aspirant O, Hero ! walk steadily on the path leading to eternal life, Eternal Light and Eternal Bliss. May the almighty stand by your side in the struggle you have launched to reach him.

Assi-Varanasi-5
U. P. India
1-3-1974

R. S. Gupta
Jaisiya Ram

* Free From birth and death, Sorrows and Sufferings.

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PRAYER

Prayer to Divine Mother (Sita)

Salutation to the Divine Mother who exists in all beings in the form of intelligence, mercy and beauty. Salutations 0, sweet Mother ! Thou art the embodiment of all power. Thou art the sole refuge for all. Your glory is indescribable, your splendour is ineffable. Protect me, guide me.

0, Adorable Mother ! Thou art the creator, protector and destroyer of the universe. All sciences come from thee. Without thy grace nobody may attain sucess in life and in spirituality and salvation. Give me the Divine Eye. Let me behold my real, majestic form. Help me to cross over this illusion, 0 Kind Mother.

0, Compassionate Mother, I bow to thee. Thou art my savior. Thou art my god. Thou art my sole support and Remover of all sorrows, sufferings and miseries. Thou art the storehouse of all virtues. I again and again salute thee.

0, Glorious Mother ! Thou art the electricity, magnetism, force, energy, power and will. Thou art modesty, gentleness, generosity, courage, forbearance and patience. Thou art the faith in the hearts of the devotees, nobility in the noble people, chivalry in the warriors,

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and ferocity in tigers. Give me strength to control my mind. Make me worthy of dwelling in thee. Salutations onto thee.

0, Mother Supreme ! When shall I have thy Vision ? When shall I receive deep, abiding peace and perennial joy ? When shall I enter into deep meditation ? I have neither purity nor a burning yearning for liberation. Thou art my only refuge. Thou art my only support. My silent adoration unto thee. I am thy meek supplient. Remove the veil of ingnorance.

0, Gracious Mother ! Prostrations unto thee. Where art thou ? Do not forsake me. I am thy child. When shall I behold Thy Lotus feet with my own eyes ? Thou art the boundless ocean of mercy. 0, Divine Mother, change me into a pure soul. May my tongue repeat thy name always.

Prayer to Lord Ram

Thou art, 0 Lord, the Creator, Protector and Destroyer of the Universe. Thou art in the sun, fire, moon, grass, rose, stars and every otherthing. Saluations unto thee 0 bestower of joy and bliss.

O Sweet Lord ! Help me be free from the clutch of death. Help me to be able to look upon all beings with equal vision. Help me to be free from impurity and sin. Give me strength to control my mind. Give me strength to serve thee and humanity untiringly. Make me pure and strong.

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I bow to Thee O indweller of my heart ! O Secret of Secrets. Remove my weaknesses and defects and evil thoughts. Make me pure so that I may be able to receive thy grace and blessings. O Lord. Thou preservest all, interpenetratest all things of the universe.

Thou art Light Divine ! Thou art the dispeller of ignorance. Thou art the all merciful Lord ! Give me a life without disease. Let me remember Thee always. Let me develop all siblime virtues.

Thou art self illuminous. Thou art my Father and Guide. Let me realize the truth. Let me be free from greed, lust, egoism, jealously and hatred. Prepare me to be your sweet messenger on this earth so that I may radiate joy, peace and bliss to the whole world. Let me utilize this body, mind and senses in thy service and in the service of Thy creatures. Breath into Thee Thy breath of immortality. Let me recognize the universal brotherhood of man. Let me love all as my own self. Salutations unto thee, O Lord of Compassion.

O Lord ! Please Hear My Prayer

"Smile sweeliy from the self within..."
A smile that breaks all bonds of sin.
Knowing my feelings why don't you use your art,
That will bring nectar into my heart.
"Smile sweetly from the self within..."
You my lord have given me life,
A lifeless life of toil and strife,
Pray pour forth a flood of blessings honey sweet.

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Promising me rest at your feet.
I crave to hear you sing your song divine
In harmony resounding from my soul's shrine.
"Smile sweety from the self within..."

All thoughts of time have left,
Thoughts swallowed up all moments,
Yet mind lacks peace you still so far
Why have I not awakened to Thy call.
What is this life of mine if only pain it be ?
Is no compassion and kindness there for me ?
"Smile sweetly from the self within...,"

Every moment I am in Expectation,
A story of your History's wonderous Revelation
...that opens flood gates of tears
And makes Ganga flow in eyes...
Such loved moments of anguish extreme
Why are they passing like fleeting dream ?
"Smile sweetly from the self within..."

Your path alone leads to eternal Light,
Is full of thorns sharp pinching aright.
Yet for me you graciously covered it too kind
With celestial flowers which everywhere I find
"Smile sweetly from the self within..."
A smile that breaks all bonds of sin.

In stillness of heart my feelings are crying,
Soul feeling welling up within are trying
To touch you, to touch you my beloved and near
To meet you, to Be you my Dearest and Dear
"Smile sweetly from the self within..."
A smile that breaks all the bonds of sin.

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AUTOBIORGAPHY

To solve the problems of life and to be enlightened in heart, mind, and action is conveniently achieved by following and enacting in daily life the examples in the doctrine and biographies of great men, philosophers, men of action and experience with kindled hearts. Hence being induced to write my biography, also in the footsteps of Mahama Gandhi and Jawaharlal Nehru, I produce below some of the experiences of my thrilling life for the benefit of mankind and especially those who are interested in attainment and the enlightenment of their career.

I was born in a small village named Shivala in Aligarh District, Uttar Pradesh, on the 12th of November, 1912 A. D. I received my education at Bijnor and graduated from Thomson Civil Engineering College at Roorkee, with Merit and Distinction in Engineering course in 1933.

Devotion

From the early age of 5, I began Ram Nam jap (Remembering God Ram). At the age of 10 I began to recite the Ramayan and at 12 began to worship Hanumanji and thereby received much courage and guidance in the activities of my life, and encouragement in the solution of life's problems. Astrologers also predicted that I would perform historical aud monumental work in my career. Below are examples of some of my experiences.

वेदविभागाध्यक्ष
सम्पूर्णानन्द संस्कृत विश्वविद्यालय वाराणसी
द्वारा प्रदत्त
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Jumping from a double-storied building

While in Civil Engineering school at Roorkee University I was Secretary of the Engineering Club and was arranging the lighting of the barracks for Deepawali Day. Out of fun, the students below me removed the ladder and said, "Hanumanji used to jump from hill to hill. Why shouldn't you be able to jump from a double-storied building ?" I couldn't bear the challenge so remembering Hanumanji I jumped at once, without hesitation or fear. Although the ground was hard and full of stones, I landed lightly as if someone received me on a grass cushion, without a jerk or injury. Upon seeing this, the people ran and embraced me, and I thanked Hanumanji for the miracle.

Lifting a 5 hundred-weight anvil

Once in blacksmith class when the instructor did not turn up, the students were trying to lift and displace a large and heavy iron anvil. With great force and spirit as many as ten students working together tried to move it, but were not successful. Then someone called me over and challenged me by saying, "Hanumanji lifted mountains and you being his devotee should be able to shift this anvil and prove whether you are real or a hypocrite." I could not bear the challenge. Remembering Hanumanji I put my hands on it and with a strong shout and one great stroke I lifted its edge 2 inches above the ground. The students clapped and

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embraced me vigorously. I told them that there is nothing inside me—that it is all due to Hanuman's Supreme grace.

Encounter with a Lion

While in Roorkee University we had half of Saturday and Sunday off. I, being full of youth, energy and enthusiasm, could not sit idle in the room. Usually I would take my bicycle, occasionally with some companion, and ride to Hardwar, some 19 miles away in $1\frac{1}{2}$ hours. I would then take the bus to Rishikesh and walk about in search of some saints. or to sight see at some historical or important places.

Once a friend and I went to Narendra Nagar, the summer capital of tbe Maharaja of Garhwal, 15 miles up the Rishikesh. We had not eaten our breakfast and in hopes of finding food in the capital, we climbed up the hills like monkeys. We were about five thousand feet above sea level and the clouds were running much below us. To our surprise we couldn't find any food or drink in Narendra Nagar because in 1933 it was undeveloped. We inspected the Secretariat and Maharaja's Palace because we were interested to see how buildings were built on slopeing mountains. Then we enquired about a short-cut back to Rishikesh and were pointed out a footpath that was full of ups and downs and at one point diverged into three routes. Missing the correct path, we entered a thick jungle that we later came to know was the Maharaja's hunting jungle. Suddenly we came

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upon two lions in a cave, who, hearing our voices, lifted their heads and roared. There was no escape and for a while we thought about our deaths. But with Hanumanji's grace and the remembrance of my Divine Preceptor's image (Guru), good sense prevailed. We lay down and held our breath, knowing that a lion would not eat or attack a dead man. The lions came to our side, and thinking us dead, jumped over us and ran away. Then we got up, frightened, tired, hungry and lost. The sun was setting and we again felt helpless and were counting our minutes to death. Again meditating on Devine feet, God sent help and we were rescued and returned to Roorkee the same night after our full day's fast and adventurous journey, and thanked God for his great kindness and help.

Meeting with Elevated Saints

The above event did not discourage my adventurous spirit, rather my receiving Devine Grace encouraged me. I started roaming the jungles between Rishikesh and Lachhaman Jhula—a pious and historical place on the Ganges. There I saw a saint sitting in meditation who appeared to have been there for many years. His body was partially submerged in the earth with only his head and shoulders visible, and covered with snow and dust. But I did not feel contented or satisfied because his eyes were closed and he did not speak to me, so I continued my search. Fortunately during a later trip I was able to get a glimpse of a very great sage. He was naked, had

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very long nails and his eyes were shining like burning fire. He was chanting Kirtan inside a cave very loudly, and it was his voice that brought me to him. Upon seeing me at the cave opening he hid his private parts with his hand and came out. He smiled and said," Boy, you are fortunate that you have come. I come out only once a week to take some herbs that keep off my hunger. If worldly men eat them, even after boiling them, they will be burned. But I digest them by Yoga." I touched his feet and begged for his grace and any sermon to be adopted by me. He told me that I would be a favorite devotee of Ramji and will receive his grace. He said that I should be kind to everybody, do selfless service, excuse my evil—doers and write the word "Daya"[1] and hang it on the wall of my room. Then he disappeared. This was a great achievement in my life and a jumping-board in my career. His blessings became a boon and it gave me great courage and grace.

Such opportunities of meeting and talking with Divine Souls came several times in my lifetime. Another instance was when I was working, at Badaun, U. P., in 1937. "I had all the worldy fortunes except Satsang, the company Divine of people. So I went to Kalchea, a pilgrimage place on the bank of the Ganges, and inquired as to where I might find alofty, renowned and renunciated saint. I was told that in order to find this godly personality, I had to go into a fierce jungle that was thick and thorny and full of wild animals. But I was true

1. दया, Kindness, mercy, grace.

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in my desire, and with Hanumanji's image in my hand I cared little for the obstacles. After hours of searching and near-discouragement, I came upon a saint almost hidden by the foliage. He was having a telepathic talk with some sage at Badrikaashram 1000 kilometers away. When be finished I prostrated, touched his feet and offered him some fruit. He told me that I was a devine tool and would have to discharge certain onerous duties, and that I should go to Kashi (Benaras) at once. Then he taught me palmastry and mantras to cure fever, poisonous snake bites and many other things. This was a fortunate and historical meeting for it changed my life. I sacrificed an officer's post and at the sages words, came to B. H. U. (Banaras Hindu University) through the help of Raja Jwala, the first Indian Chief Engineer of U. P. who was Technical advisor to Malaviaya ji (founder of B. H. U.). This is how an enlightened candle gives light to an unlighted one.

Attainment of a Divine Preceptor (Guru)

From the early childhood of my life I had the privilege of receiving guidance and help from highly elevated and spiritual persons and continued to progress through and experience different spheres and modes of life. My life had become full of zeal, enthusiasm, energy and enterprise.

Upon reaching Kashi I began searching for anenlightened soul, and came across one Swami Veetragananda who lived 12 miles from the city. There I witnessed several devine achievements such as the day when there

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was a feast for about 500 persons, and the cooks ran out of ghee.[1] Upon telling Swamiji he smilingly took Ganges water and filled in pan. For three hours poories[2] were fried in that water untill the ghee came from the market, and the water was returned to the Ganges. I requested Swamiji to tell me how I might attain perfection. He gave me the 68-day Ramayan Path to be recited in the presence of Hanumanji, in Sanskrit. I did it accordingly, and on the 68th day in August, 1938 as I finished, an unknown Sadhu came up to me. He said that a very great and highly elevated saint had just come in the temple, and that I should contact him. I at once sought him out and in several days became his desciple. His grace and blessing brought me great peace and calmness, tranquility, forbearance, nobility, fearlessness, forgiveness, generosity and love for mankind. A flow of knowledge came from his heart in the shape of poems and philosophy and my soul became radiated with his company and teachings. Some of them were as follows :

(1) Learn patience and forbearance from the earth. People do all sorts of teasing to the earth, but it neither cries nor takes revenge.

(2) Live like the river, mountain and tree, who will always distribute for the benefit of others with no return.

---

1. clarifed better, used in this case, for cooking.
2. An Indian bread the is deep fat fried.

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(3) As the wind passes by good and bad things and smells, but is not affected by them, so should man do everything without attachment, retention or acquisition.

(4) As the reflection of the sky and sun is visible in a million pots of water, so is the Atma allpervading, omni-present and yet in each individual soul.

(5) Have awakening sleep live a dog & Jump like a lion on work.

(6) The body is not the Atma. Fire cannot burn it, water cannot make it wet, and wind cannot dry it. It is always true and unchanging while the body changes from childhood to youth to old age and death. Thus do not be attached to the body.

(7) Distribute a percentage of what you earn in alms to the poor, do service to mankind, be kind to everyone and do not be revengeful.

(8) Do not see evil, utter evil or hear evil.

(9) Be deep like the sea, happy and cheerful and without sorrow.

(10) Be affectionate to your lord as fish are for water, as a miser is for money or a lover is for his beloved.

I had the privilege of keeping his sacred company for 5 years, in which time my life was transformed and miraculously changed. Below is a glimpse of his life.

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Author's Gurudeo

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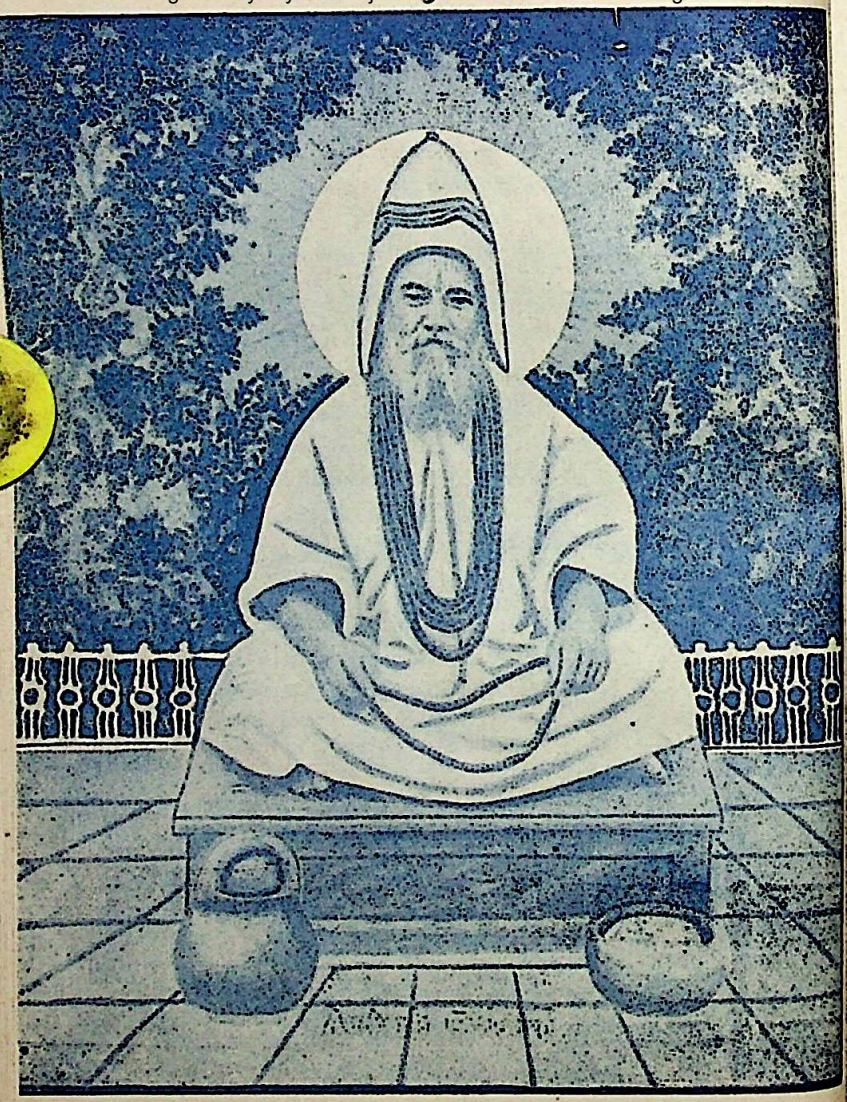

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Paramhansa Sri Siyalal Sharanji Maharaj

"Sri Premlataji"

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Brief Life Sketch of Guruji

He was born in 1872 A.D., and left his home and family members at the age of eight. He was a Divine soul who was born to give a message of love and peace and relieve the suffering of the millions of people. He was a master of Knowledge though he never went to school. He used to recite one lakh (100.000) of Ram Nam's to Hanumanji daily. He became a saint at the age of 16. For a period of three days he neither ate nor slept, worshipping continuously so that he might have a glimpse of his Divine Lord. Suddenly the earth, trees and surroundings changed and a nine–storied palace appeared, glazed with sunshine aud precious jewels. The air was filled with sweet scent and lovely music. Then Sitaji and Ramji appeared with their maid–servants dancing around them with joy, with chamar chattra in their hands. Acharya, Pramhans, Sri Siyalal Sharanji, Sri Premlataji, lay in salutation. wonder and joy, and prayed. Kishoriji. (Sitaji) gave her blessings and grace, and with all smiling everything disapprared. Thus he became a super–human being, and he wrote 108 books out of which 26 were printed. He lived under a tree in the sun and rain, ate herbs from the jungle once a day for 56 years of his life. He could prevent the rain from falling, and brought a man who had died of a serpent bite back to life. Another time he gave life to a Sadhu who had died of cholera. He walked on foot from one province to another and preached his religion, replacing evil demon

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or ghost worship with the worship of Hanumanji. All the pilgrimage places that hae dissappeared or had been destroyed in Mithala Dham (Sitaji's birth country) were recovered and restoreed by him. In the later part of his life he lived at Seeta merlhy–Janakpur (Bihar), Kashi, Ahyodhya (U. P.), and Chitrakut (Madhya Pradesh). He has 20 thousand followers and 2 thousand desciples. He died in Kashi after removing suffering and ignorance from all those who came into his contact in 1947. He was a seer, sage, mystic and mighly elevated saint the kind of which is rarely found in this world. It was my good fortune and privilege to become associated with such a divine man of emminence.

Victory over Dacoits

On December, 1938, I and a companion and 8 ladies made a pilgrimage to Chitrakut for a week's stay. We arrived at the small railway station at night, miles way from Chitrakut in an undeveloped area that had no electricity, roads or buses. There was no train service at night, and all the rail road staff had left. We all were very tired and fell asleep at the station entrance. Upon seeing the luggage and the ladies, 21 Dacoits surrounded us, holding guns, six spears and lathes. I awoke and seeing this frightful danger to life and property, awakened all my companions and remembering my guru and Hanumanji, began reciting Kirtan with hearts full of love and fear. The dacoits left, one by

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one, thinking us Sadhus. In the morning we left by bullock cart, thanking God.

Winning a Murderer

In 1940 I discharged a Muslim subordinate who was a drunkard and a man of bribery and forgery. He came with a sharp knife to assassinate me when I was on duty in a village that was in a Muslim-predominated area. Due to the fear of a Hindu-Muslim riot, no one dared to come to my aid. I was left alone, at the mercy of Divine help. I remembered Guruji and Hanumanji, and to my surprise, I felt my body filling with great vigour and strength. I grabbed him and shook him with a roaring voice. Upon hearing my fierce and forceful voice, he surrendered, falling at my feet.

In Physical culture I became a desciple of Professor Rammuriti, the famous Yogi who was able to hold back an engine and two cars with his strength. Elephants could climb upon his chest, and be could break iron and stone by beating them against his chest. In the following two weeks I felt wonderful strength and power come into the muscles of my body. Then my life became so courageous and enterprising, that it is impossible to narrate.

In the Engineering field

Divine help, once received, helps one in all spheres of life. It makes a man efficient, large-hearted and capable. There are innumerable Engineering feats that happened to me in my lifetime.

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While Engineer in charge of construction and maintenance, the Maharaja of Benares and His Highness Maharaja Vizzi (Chairman of All-India Cricket Board) called upon me as their consultant on difficult problems at the local and state level. Pancham Sarkar of Nepal seeked my beek help in valuation. The historical temple of Hanumanji was renovated. I also had a part in building Marwari Hospital, Central Hotel, swimming pools, cin emas, ghats, etc. In addition to B. H. U. residence Hostels I build some of the colleges, Library, the canal around the Shiva Temple and a water tank. The Nadesar House, where Queen Elizabeth stayed, was also connected to me.

At Vizzi Palace, the roof was 2" thick and the walls were 3" thick. It was a very difficult task to take out the wall and make an indoor game hall for the governors stay. No other Engineer dared to take the risk, but with Hanumanji's grace, it was done by me with boldness and courage, and executed satisfactorily.

One big, palacial home at Manikarnika Ghat tilted 9" and when no one was able to locate the cause and remedy, I did it successfully.

When there was a disagreement about how to renovate the site of Sitaji's birthplace. at Seeta Marthi I intervened and mediated between the two parties. The Mahant Committee wanted an ancient architecture and the Bihar Government wanted a modern one.

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The Valmiki Ashram Temple of Ayodhya, initiated by the governer of U. P., was designed and calculated by me.

It is needless to say that because of the efficiency, pushing value and command of my technical advice, it has been sought after through the years.

In the Social Service

By nature I take myself to be the servant of the Society. The people elected me as President of Raksha Samiti, Secretary of Tulsai Das Ram Lila Committee, Trustee of Bhingaraj Trust, Executive Member of All Indian Samellen and Sankirtan Samellen. At the present I am a member of or connected to a dozen societies and committees. My aim is to help the needy and to do selfless service uplifting the moral of masses.

Publications

Because Guruji's grace has flooded my heart, something or other is always springing up in the form of poetry, Sadhna, Philosophy, religion or culture, which when written down took the form of 26 publications. Two of them are in English and the rest are in Hindi, and are distributed free of charge in Northern India. Some have gone to foreign lands and are playing a great role in changing the hearts and minds of the readers, making them free of sins, God-fearing and of service to mankind. Some of them have prove to be life-transforming works.

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Daily Timetable

I have divided my time into three parts; eight hours for duty, eight for the body, and eight for service, meditation and spiritualization.

It may be classlfied as following :

2 AM to 3:30 AM	Meditation and Jap
3:30 AM to 4 AM	Kirtan
4 AM to 4:30 AM	Ganges bath
4:30 AM to 5:30 AM	Arti and Kirtan at Hanumanji's Temple
5:30 AM to 6 AM	Asanas and exercise
6 AM to 8 AM	Diety Puja Path
8 AM to 8:10 AM	Breakfast
8:10 AM to 11:00AM	Duty, or reading and writing
11:30AM to 12AM	Oil massage
12AM to 12:30 PM	Lunch
12:30 to 1:30 PM	Jap Path
1:30 to 5 PM	Duty or reading and writing
5PM to 6 PM	Ramayan Katha (hearing of the text)
6 PM to 7 PM	Ram Nam Jap
7P.M to 7:30 PM	Supper
7:30 to 8:30 PM	Kirtan and Diety Puja
8:30 to 9 PM	Engagements
9 PM to 2 AM	Sleep

As special functions I hold weekly Kirtans and arrangc Akhand Kirtans occasionally.

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It has been my privilege to come into contact with highly elevated and top-ranking Mahatmas, and to learn and acquire something from their company. Because I was one of Malviyaji's forefront administrators, I had the opportunity to meet and serve the Maharajas of different states, and statesmen from all over the world. who came to visit at B. H. U.

Because I performed about 50 Foundation Stone ceremonies and Opening ceremonies during my career of 40 years, I came in contact with men like Mahatma Gandhi, Jawaharlal Nehru, Sri Lal Bahadar Shastri, Ravindranath Tagore, Professor Ram murti, Jagat Guru Kripaluji, Swami Krishna Bodha Ashram, The Maharaja of Baroda, Indore, Darbnagha, etc., and had the privilege to have had my pictures taken with them.

At present I am leading a life of vanprasthi (hermitage) after completing a successful, peaceful, adventurous and exciting career.

Have completed my life's duties to my relations and family members, and have reached the goal of life. I now teach others Ram Nam, Path how to be godly and serve mankind, how to get rid of diseases, miseries, sorrows, ignorance and want. With a cosmic love and eagerners to serve all,

Thank you,

Yours,
R. S. Gupta
Jai Siya Ram
alias Siya Ram Swarup Saran
'Swahaglata'

Prem Lata-Nikunj
Assi
Varanasi-5
7-3-74

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SPIRITUAL CULTURE

Spiritual culture is the cultivation of the spirit–that which concerns the Atma, which is existence Absolute, Knowledge Absolute and Bliss Absolute. The qualifications for realization of the Atma are fourfold.

(1) Vivake which is discrimination between the real and the unreal.

(2) Vairagya which is indifference to sensual enjoyments.

(3) Shadsampati which are the six-fold virtues.

(i) Shama : tranquility of mind

(ii) Dama : restraint of the senses

(iii) Uparati : renunciation of works

(iv) Titiksha : endurance

(v) Sharadha : Faith in the Vedas, the words of one's Guru, and one's self

(vi) Vishwas - one-pointed mind

(4) Mumukshutwa---intense longing for liberation and from the cycle of birth and death.

Also the study of the Vedas, Upanishads, the Gita, Ramayan, Vichara Sagar and the company of saints is a great help in spiritual culture.

The mantras for meditation for Maha Vakyas;

(1) Soham

(2) Ahama Brahma Asmi

(3) Sivoham

(4) Tativamasi

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These should be repeated silently and one should feel that "I am the immortal self in all. I am in living truth. I am all-pervading light, pure consciousness and intelligence." When one meditates on the mantras, this will eventually result in Atma sakshatkara*

CULTIVATION OF VIRTUES

To be successful in life, to achieve one's aim in life, to become strictly moral, spiritual, of spotless character, and to become lofty minded men like Sankara, Buddha, and Jesus, the following qualities of heart and mind are to be cultivated :---

(1) Character Building.

Character is power. Without character the attianment of Knowledge is impossible. Moral character makes a man kind and tolerant. The building up of character is the building up of habits Healthy, strong and virtuous habits should replace. old evil habits.

(2) Adaptability.

One should be able to adapt to those of different temperment, and to tolerate unkind words of others. This virtue develops when one desires to adapt himself. Then he can live in any environment and react equally to heat, cold, etc. This is a great virtue.

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* Darshan, a glimpse of God or the Atman.

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(3) Ahimsa.

This is non-injury to all living things in thought, word and action. This is the highest of the virtues and can be done with strong determination. Such people have soft hearts and will not even hurt the flies and ants.

(4) Truthfulness.

Truthfulness is the agreement of thoughts, words and actions. Always speak the truth. If you speak lies, punish yourself by fasting and making a record of your sins.

(5) Self-Reliance.

This gives one immense, internal strength and can be slowly cultivated by meditation and patience.

(6) Sincerity and honesty.

Honesty is the best policy and a sacred virtue. A sincere friend, a sincere devotee, a sincere husband, wife and son are gods on earth.

(7) Contentment.

A content mind is a continual feast. Greed is an internal fire which consumes a man slowly. Contentment is the antidote for the poison of greed. There are four sentinels who guard the domain of Moksha. They are Shanti, Santosh, Satsanga and Vichara. If one gets hold of Santosh (contentments) then the other three will follow to give one peace of mind, bliss and nectar.

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(8) Regularity and Punctuality.

Man evolves quickly by regular practice, and regular habits in all walks of life. For success in life this virtue should be cultivated with discipline.

(9) A pushing nature keeps a man always active and useful.

To sum up—to cultivate the above and other virtues one should practice the following;

1–Jap, meditation, Prayer, truthfulness and non-injury.

2–Fasting to empty the stomach.

3–Reading holy books and the lives of the great men.

4–Be in the company of virtuous men.

5–Prostration to God.

6–Suriyanamaskar. (prostration and salutation to the sun) If this is done, diseases of the eye, liver, stomach, intestines and kidneys will be cured.

7–Treat this body subconscious as your servant and not your master.

8–Observe silence for two hours daily.

9–Speak measured, sweet words.

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ERADICATION OF NEGATIVE QUALITIES

Man's negative qualities are a hindrance to his success in life, and to the attainment of God realization. Man becomes weak, timid, iudulges in sexual pleasures and his life becomes miserable, deplorable, sorrowful, full of agony, hatred and jealousy. Hence we should know our interior and eradicate the evil and cultivate the virtues.

Some of the prevailing evils can be classified as follows :

(1) Shyness
(2) Timidity
(3) Pessimism
(4) Overcredulousness
(5) Suspicion
(6) Intolerance
(7) Sense of Inferiority
(8) Depression
(9) Anger
(10) Carelessness.
(11) Forgetfulness
(12) Diffidence
(13) Dishonesty
(14) Bribery
(15) Hatred
(16) Jealousy
(17) Pride
(18) Hypocrisy
(19) Anger
(20) Worry
(21) Anxiety
(22) Evil Habits
(32) Passion
(24) Attachment
(25) Mean-mindedness
(26) Crooked-mindedness
(27) Fear, etc.

These negative qualites can be eradicated by the following;

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(1) Company of saints, hermits and lofty-minded men of principle and character.

(2) Taking note of one's evils in meditation, early in the morning and before bed.

(3) Charity

(4) Prayer

(5) Fasting

(6) Remembering God

(7) Fear of death

(8) Discharging of Duties to Parents and elders.

(9) Count the time

(10) Abstaining from cinema, gossiping, and novels.

(11) Abstaining from liquors. smoking and evil habits.

(12) Follow truth and give up falsehood

(13) The river of human emotions and motives flows indifferently along two parallel channels, the good and the bad. The sadhak must divert the current along the channel of good, with vigour, strength, wisdom and command.

(14) A man who has all the evil qualities and is not able to divert them and become a virtuous man, of merciful, kind and pious character, is verily a brute.

(15) Pause for a moment and mark carefully the workings of the inner man. In everyone, there is a double personality---the godly and the ghostly. A fight is ever going on between the two parties. One should kill the devilish qualities by the Divine nature by-

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developing honesty, humility, renunciation, forgiveness, patience, mercy and cosmic love.

(16) He who regularly practices self analysis and introspection in the early hours, and he who has a sharp and subtle intellect, will be able to detect the evil demons reigning inside him.

(17) Control over irriability and anger must be developed. Only sweet, measured words should be spoken. Silence should be observed for two hours a day.

(18) Selfless service to mankind makes one's heart soft like butter.

(19) Weigh carefully the versions of stories of liers and mischief-makers, before you accept them.

(20) Return good immediately for evil done to you, for it will shame the evil-doer.

(21) Manu describes the vices that follow lust. They are hunting, quarrelling, sleeping in the day, slandering, company with bad characters, drinking, singing, dancing, roaming. and back-biting.

One should avoid the above and become a bold, courageous and spirited and spiritual man.

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WHAT IS YOGA ?

Yoga is a perfect and practical system of self culture. It helps us to attain perfection and perfect concentration of the mind, and unfolds various Psychic powers. It helps one to enter into conscious communion with the Lord through Samadhi. Yoga is eternal life in the soul or spirit. It transmits man to Divinity. The conjunction of the individual soul and Supreme Soul is called Yoga. Through Yoga one may attain mastery over mind, tongue, passions, emotions, impulses, temper, etc.

Yoga is of four kinds; Mantra Yoga, Laya Yoga[1], Hatha Yoga and Raja Yoga. According to one's temperament there is another classification of Yoga into active, devotional, mystic and rational forms. They are respectively called Karma Yoga, Bhakti Yoga, Raj Yoga. and Jnana Yoga. Through this practice the soul becomes identical with Parmatma. This union is the goal of human existence.

The constituents of yoga are as follows :

(1) Asan
(2) Pranayam
(3) Yama
(4) Niyam
(5) Pratihar
[6) Dharana
(7) Dhyan
(9) Samadhi

1. Laya Yoga—oneness with Atman--author.

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With the practice of these one shall be free from restlessness of body and mind, have a high standard of vigour, prolonged youth, longevity and acquire a powerful mind.

Book knowledge without practice is useless. Direct your full energy and attention toward purifying the mind and toward getting rid of the impurities such as subtle egoism, subtle attachment, subtle cravings, personal desires, subtle ambitions.

Pran is known by the name Sun. Apana is known by the name of the Moon. Hath Yoga is the union of Pran and Apana.

Yoga compares mundane life to the rotation of a six-spoked wheel. The spokes are virtue and vice, pleasure and pain, and likes and dislikes. Pleasure and pain puts the wheel into motion, and it continues without stopping. But yoga stops the wheel from rotating by destroying the five afflictions. Hatha Yoga ends in Raja Yoga ends in Jnana Yoga.

Twelve Pranayam constitute one Pratyahara. Twelve Pratyaharas constitute one Dharma. Twelve Dharmas make up one Dhyan, and twelve Dhyans (meditation) make up one Samadhi.

Asan (pose) is the seed. Pranayam (restraint of breath) is the stem. Regular practice is the shower. Good health is the flower and one-pointedness of mind (Dhyan) is the fruit.

Chitta Sudhi is the purification of the mind. Nadi Sudhi is the purification of the Nadis or astral nerve

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channels. Bhutt Shudhi is the purification of the elements. This leads to Siddhi or perfection.

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Turn your back on earthly wealth and soar high in the realms of Atomic bliss, and you will be in possession of divine wealth. Siddis and Rishis will fall to your feet. Renounce the craving or desire for the object, and the object will follow you by itself.

Practice selfless service, do jap, Kirtan and worship your Lord. Study Atma Jnana books and develop the four means; Practice learning, reflection, and meditation of Maha Vakya. Then you will attain self realization.

BHAKTI YOGA

Out of the three yogas mentioned in the Veda, (i.e., Jnana yoga, Bhakti Yoga, Karma Yoga) Bhakti Yoga makes man a spiritual and rigorous devotee. In Bhakti Yoga there is the absence of the least trace of pride and self-assertion, because the devotee surrenders himself unreservedly to the Lord so that he may attain His Grace. Grace is a mighty spiritual force that transforms the entire being of a devotee. It infuses him with inspiration and new divine life. Self-surrender makes the

Divine Grace

devotee feel the reality of Divine Grace and the Lord's readiness to bestow help upon him at all times. The devotee's body is rejuvinated with a flow of Divine energy, and is molded for Divine realization and Divine instrumentality.

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Nine kinds of Bhakti

There are nine modes of Bhakti;

(1) Shraven--listening or hearing
(2) Kirtan--recitation or singing
(3) Smaranam--remembrance
(4) Padsevanam--Service of His feet
(5) Archam--offerings at feet
(6) Vandan--prostration
(7) Dasya--Servant
(8) Sakhya--Friendship
(9) Almia Nivedana–Surrender of Self

Stages of Bhakti

Bhakti should be practiced in these stages :

(1) Admiration, (2) faith, (3) devotion, (4) Ruchi-name repetition or singing, (5) Nishtha-devoutedness. (6) Rati-intense attachment with Lord, (7) Sthyee Bhave-steadiness in love, (8) Maha Bhave-climax of Love.

Surrender

Surrender draws down grace, and the individual becomes one with Cosmic will. Grace makes surrender complete, and without grace union is not possible. Surrender and grace are inter-related because Grace r emoves all obstacles, snares and pitfalls in the spiritual path.

Samadhi or Mahabhav

When the Bhakta attains Mahabhav or Samadhi, he enjoys the warm embrace of the Divine. He attains

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Sri Hanumanji

Glory & Bliss to Lord Hanumanji

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Divinity and all the spiritual wealth of the Lord belongs to him. He is endowed with Divine Vision, a lustrous subtle body and Divine Senses. The devotee does not desire complete absorption or merging with the Lord, but wants to remain separate in front of him, so that he may continue to adore him and taste the Divine honey. Absorption comes temporarily in the intensity of his love, and he becomes God-like and attains oneness.

In fact Bhakti is the only medium for attainment, enlightenment, complete peace, health and happiness.

HANUMANJI

O Lord Hanuman !
Servent of Lord Rama !
Son of Anjana Devi
And Wind God !
O mighty Hero
O learned Nava Vyakaran Pandit
O wise Sage
Prostrations unto Thee.

Birth

Sri Hanuman, who is worshipped all over India and abroad, is an avatara of Lord Shiva. He was born of the Wind God and Anjana Devi, the wife of Kesherie. Anjana was Lady of the heavens and called Pujashila. She was the most beautiful in all the three worlds. Because of a curse, she became a monkey female and could assume any form at her will. She was endowed

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with heavenly virtues, and the power of her milk was tremendous. Once, by a throw of her milk she divided a mountain into two parts. People go to see this mountain even today in Kerala.

About nine lacks years ago Hanumanji was born on Gandh Madan Mountain in a cave. He saw the rising sun and sprang two-thousand yogen to eat this red fruit. Indra became angry and hurled his thunder-bolt at Hanumanji, and as he was struck, he fell on a rock. Because of this, his jaw became a bit tilted. As Hanuman became unconcious, the Wind God stopped blowing and the people in the three worlds began to suffocate. All the gods then rushed to Hanuman and gave him their blessings. Brahma said that no weapon would ever hurt him. Indra said that on him, his thunder-bolt would have no effect. Varuna freed him of his Pass (binding cord).

Hence at the time of his birth he received all sorts of blessings, and the boon that no weapon could harm him.

His names

Beeause his jaw was tilted he was named Hanuman. As his body was stone-like, his mother named him Bajranga. Born of the Wind-God's contact with Anjana, he was called Pawan Sut, being Shankara's avatar, he was called Shanker Suvan. After his father he was named Kesari Nandan, after his mother he was called Anjani Nandan. Some of his other names are Maruti, Sankat Mochan (Remover of Sorrows) Mangal Murat, Maha-

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vir, Kapi. He has been given a thousand names by the virtue of his various activities and actions.

His Glory

The world has not yet seen since its conception, and will not see in the future such a mighty hero as Hanumanji. During his lifetime he worked many wonders and exhibited super-human strength and valour. He has left behind him a name that will continue to wield a mighty influence over the minds of millions of people of all four yugas and fourteen lokas. He is the wisest of the wise, strongest of the strong and the bravest of the brave. He is the Sakti of Rudra. He who meditates on Hanuman and repeats his name attains power, strength, glory, prosperity and success in life. He is the only God who is worshiped by all sects and ranks of people throughout the country. The worshipper of Hanumanji need not worship any other God.

Hanuman has the power to change his body or form at will. He can go anywhere and everywhere because he is able to expand his body to an enormous size or reduce it to the size of a mosquito. Hanumanji is well versed in all the four Vedas, the Ramayan, Mahabharat, and other histories and holy books. His valour, wisdom, knowledge of the scriptures and super-human strength attracted everyone who came near him. He has extra-ordinary skill in warfare.

Education

From Hanumanji's early childhood, his mother would tell him the stories of Ram and the Ramayan, as well

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as other holy books and stories of Rishies. He became a staunch devotee of Ram and began to repeat Ram Nam, at the age of 16, because he had a rare talent and was a genius, the question arose as to where to send him for an education. The greatest and most famous guru, having knowledge of 14 languages and the Vidhyas, was the Sun. But the sun is always in rotation at a tremendous speed. So mother Anjana, knowing of his capacity and strength, ordered Hanuman to take lessons from the sun. Hanumanji left millions of miles to the sun and requested him to make him a desciple and give him Knowledge. The Sun agreed, but said that a desciple should sit opposite his guru, and he could not stop rotating for a minute. Hanumanji accepted the condition, and sitting in front of the Sun, moving backward with the same velocity and speed as that of the Sun, attentively learned all the four Vedas, 108 Upanishads. 6 Shastras and 6 Smirties, 14 Vidyas and 9 Viyakarams. After completing tke course in six months, he asked the Sun for Guru Dakshna. The sun then asked Hanumanji to help his son Sugriva in return. He returned home, the personification of a Brahmacharya, and never married. He went to Sugriva the King of the Apes, and became his friend and minister. He restored to Sugriva his wife and Kingdom from Bali, with help of Shri Ram.

Devotee to Ram

Hanumanji was a living embodiment of Rama Nama. He is the ideal selfless worker and yogi. A devotee and a

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Brahmacharyan, he served Ram with pure love, expecting no return. He lived to serve Rama, and was humble, brave and wise. He posessed all the divine virtues, and did things for Rama that others could not do. He crossed over the ocean by uttering Ram Nam, brought back a herb that saved the life of Laksmana. He never boasted of his bravery and intelligence, he was a rare combination of strength and humility. Because he was a staunch devotee, and wanted nothing in return for his heroic feats, Ram was indebted to him and told him that he would always remain near and dear to Him and Sita. No one would ever be able to reach Ram and Sita without the help of Hanuman. No where would the image of Ram be worshiped in a temple without the image of Hanuman nearby. Hanuman is to be worshiped first, in order to get to Ram, and when Kirtan is held, he shall be remembered first.

Superhuman Exploits

Hanuman's exploits started when he was chosen to find Sita after Ravan had abducted her to Lanka. Having been given a ring by Ram as a token, he jumped across one hundred yogen wide (six hundred miles) ocean to Lanka. He overcame three obstructing and hindering powers on the way byreciting Ram Nam. He found Sita, spoke to her and gave her the ring He was hungry, and so with Sita's permission, he entered a beautiful grove so near and dear to Ravanna and ate the fruits and uprooted trees. When Ravanna heard,

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he became infuriated, and sent his army with his son as commander. Hanumanji destroyed them all with huge rocks and trees. Then Meghnath (eldest son of Ravana and Mandodari) threw the noose of Brahma over Hanuman and he accepted out of respect. He was taken to Ravana's council hall, and he told Ravana that he should return Sita to Ram and ask His forgiveness, or else Ravana would be destroyed. Ravan in return set fire to Hanuman's tail after covering it with cloth soaked with ghee and oil. Then Hanuman escaped from Brahma's noose and set fire to Golden Lanka by jumping from roof top to roof top. All efforts to prevent him were futile, and he jumped into the sea to extinguish his flaming tail. A drop of his perspiration dropped into the sea and into the mouth of a great fish which gave birth to a mighty hero named Makardhwaja, who has been called Hauman's son. Then he returned to Ram and gave him Sita's message, where upon Ramji marched to Lanka with a mighty army of monkeys and bears. Then with the help of Nala, Neela, Angad, Hanuman, Sugriva (Ram's monkey warriors) Ramji built a mighty bridge to Lanka that was 600 miles long and 60 miles wide within five Days. It was built of mountains and trees that floated on the water, and held together by Hanumanji writing Ram Nam. (This was a miracle in history because all the Engineers and scientists cannot make a one-kg. stone float on water, and in this incident many millions of tons of stones were made to float on the furious tides and currents of the ocean.)

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When all the sons and warriors of Ravana were killed, he asked for the help of his mighty brother Ahiravan who lived in an underworld called Patal that was 7 Loks below. He came in the disguise of Bibhishan* and took Rama and Laksman away on his shoulders. At dawn when Hanumanji heard and about this, he flew to Patal Lok with the speed of lightening like a very mighty, powerful and determined warrior. Hanuman was stopped at the gate of Ahi Ravan's palace by Makardhuja (Hanuman's son) who was the gatekeeper. They had a mighty fight, and Hanuman was impressed by the other's bravery, and asked to know his name. Upon being told, he was astonished to hear of his son's birth from a whale by a drop of his perspiration. Then he tied Makardhwaja up by his tail, killed Ahi Ravan and rescued Ramji and Laksmanji.

When the great war was over in 18 days, Ramji returned to Ayodhya with his family members and Hanuman. When Ramji was enthroned, all the people envolved in the battle, received valuable gifts. But because Hanuman was a selfless worker, he desired neither gift nor reward for his remarkable doings. He is a Nishkam (selfless) Karma Yogi. He served Ram with love and devotion without expecting any fruit in return. Ram and Sita were very pleased with him and gave him all the divine blessings. They

* Bidhishan-brother of Ravana.

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granted that he would never become old, would never die and always be an ocean of virtues.

The Pearl Necklace

The coronation ceremony of Lord Ram was celebrated with great joy and Pomp. Sitaji gave Hanuman a necklace of pearls of the rarest quality. Hanuman received it with great respect and began to break the pearls with his teeth. All sitting in the council hall were astonished. Sita said, "O mighty Hero ! What are you doing ? Why do you break the pearls ?" Hanuman replied, "O Venerable Mother ! It is the most valuable necklace because it has come to me by thy holy hand. But I want to find out whether any of the pearls contains my beloved Lord Rama. I do not keep anything that does not contain him." Sita then said, "Tell me whether you keep Lord Rama inside you." Hanuman got up and with his stiff fingernails he vigourously cut into his heart and opened it with both hands. Everyone saw that Ram and Sita were seated in his heart just as they were seated on the throne in front of them. All cheered Hanumanji. Ramaji ran to him and embraced him and healed the wound in his heart with his divine touch, and blessed him.

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Still Found on Gandhmadan Hill

Hanumanji's marvelous feats of strength and bravery cannot be adequately described. His sense of duty is extremely laudable, and had great skill in military tactics and methods of warfare. He overcame innumerable difficulties with his courage, patience, and undaunted spirit. At the time of danger, he exhibited marvelous courage and presence of mind. He was steady and firm in his attempts. Failure and despair were unknown to him. He gave up his whole life at the service of his Lord, and had no tinge of selfishness in his actions. Hanumanji is a rare jewel amongst devotees, supreme among Pandits, a great hero and warrior.

When Lord Ram ascended to his supreme abode, Hanuman also wanted to follow him. But Lord Ram asked him to remain on earth as His representative and to attend all the assemblies of men where discourses of His deeds were held and heard, and to help all his devotees in cultivating devotion. Hence Hanumanji is still living on Gandhmadan Hill, worshipping his Divine Lord, performing recitation, jap and helping those who call him for help.

Glory To Hanumanji

Glory to Hanuman, the blessed devotee of Lord

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Rama ! Glory, Glory to Lord Anjaneya ! The mighty hero, undaunted warrior and learned Barhmachari the like of whom will never be seen again.

O Mighty Hanuman, untiring devoted servant of Sri Ram, show us the secrets and ways to attain purity in thought, word and deed. Salutions to thee.. Prostrations to Thee.

PREACHING OF SAINTS

(I) The Hollowness of The World—Life is Fleeting. Childhood is given to ignorance, youth is evanescent, and death is cruel. Everything is given to death and dacay. All relations are chains of bondage. All things come into existence only to disappear. Desire is a chain which binds us to the world. All human beings are entrapped into the snares of desires and thereby afflicted with the trouble of death and birth.

Attaining Liberation—The reason why people undergo the experience of repeated births and deaths is that they are forgetful of their real self. To believe that "I am" (this or that) tends to create unending bondage. The ignorance of the real self leads to delusion and the Knowledge of the Self leads to the realization of the highest aim. Liberation is the cutting away of ignorance which causes one to identify the self with illusory objective things. The wise cross the ocean of birth and death with the boat of Knowledge

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alone. The end need not be achieved through pilgrimage, distributing alms, batheing in a sacred river, penance, sacrifice, etc. Control of one's mind is the source of all good position and durable prosperity, and the aid of a spiritual preceptor (Guru) can raise one and help one toward liberation.

(3) *Seven Stages of Realization*—The realization of Knowledge has seven stages.

(a) Aspiration
(b) Thinking
(c) Purification of mind
(d) Reinstatement in the ultimate being.
(e) Non-attachment
(f) objectless consciousness.

(4) *Character of a Liberated Living Man*—The Liberates Sage, (1) neither likes nor dislikes any object, (2) moves among wordly things but not as though he is in need of them (3) Above all cravings, (4) divines the hearts of others, behaves nobly and sweetly, (5) his Judgement is quick, correct and perceptive, (6) He is always at peace and undisturbed under all circumstances, (7) his conduct is annoying to no one, (8) he behaves like a friend of all, (9) he is very calm and quiet at heart. (19) he is never afraid, helpless or dejected.

As the beauty of a tree increases in the Spring, so does the power, intellect and lustre of a man increase when he realizes the Truth.

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(5) *Surrender to God*—As the Gita says, "Abandon all varieties of religion and just surrender unto Me. "One should not fear and fully surrender to Him to be protected and free of sin. Otherwise there is no protection in the world.

PHYSICAL CULTURE

An important part of achieving the goal of life is to be healthy, strong, efficient and to live long. The aspirant should be able to enjoy freedom from disease, misery, sorrow, ignorance and want. In order to achieve this, some important clues are to be followeds t

I. Pure air—Learn how to breath properly. Practice deep breathing for a few minutes every day. City air is poisonous, so go ouu daily to inhale pure air. Even in the winter, sleep with head uncovered, and with windows open. Pranayam is essential to keeping the lungs in order.

II. Water—Water is the best tonic for the body, both inside and outside Dip daily in flowing water for a few minutes. Wash the entire body daily in cold water. Drink plenty of pure water before sunrise and between meals. (not during meals) Sprinkle cold water on eyes. Colon flushing must not be neglected.

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III. Sunshine—To be exposed to the sun is essential in order to keep the seven colors of the body in order without a fee. Expose the skin to the rays of the rising sun for a few minutes. This will have a curitive power because of the chemical reaction of the sun's rays. In case of disease, use coloured bottle water and oil with different colors for different diseases.

IV. Food—one must learn the following properly : (1) what to eat and drink, (2) how to eat and drink. (3) how much to eat and drink, (4) Mastisate the food well as the stomach cannot do the work of the teeth, (5) Cheerrfulness should also be a guest at meals, (6) never be in a hurry, worry, worried or have an unsettled mind—as it delays the action of the alimentary canal, (7) Simplicity of diet is essential, (8) too much variety upsets the digestion, (9) do not cook very rich or complicated food, (10) do not have too many courses or eat too frequently—6 hours intervals between meals is good, (11) Bitter foods and drinks, those with alcohol such as wines, beer, and meat, coffee, tobacco and pastries should be avoided, (12) White bread and sugar should be avoided as they have no nutritional value, (13) Wholesome food such as bread, maize, rice,

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cheese, butter, milk, cream, beans, sugar, pulses, honey, oil, fruits and vegetables should all be eaten, but in moderate quantities, (14) It is good to fast once a week, and to take fresh fruits only once, (15) Green fruits and vegetables and milk is the main diet for a truth-seeker to keep his body fresh and light for meditation and prayer.

v. Remember Milton's wise precept—

"If thou will observe,
the rule of 'not too much' by temperance taught
in what thou eatst and drinkst
Seeking from thence due nourishment, not glutonous delight.
Till many years over thy head return,
So mayst thou live, till like ripe fruit thou drop
into thy mother's lap, or be with ease
Gathered, not harahly plucked. for death mature,"

VI. Gymnastics—Do exercise and asanas. This should be a daily routine even if it be only for a few minutes. Always sit with an erect posture and walk with an errect carriage. Stretching without straining is very useful. Exercise is the chief agent in the renovation and repair of tissue. Various asanas are essential for the proportionate development of the muscular system. nervous system, respiratory system, digestive and glandolar system. The gums are to be rubbed vigorously.

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VII. Massage with oil is useful for all-round development. A massage of the stomach and intestines propmots digestion.

VIII. Conservation of energy—Extreme moderation in sexual life will conserve vitality and energy.

IX. Enthusiasm and kindness are essential elements of physical culture. A merry heart goes all the day, a sad one tires in a mile.

X. Smile--A happy mind makes a happy body. Laugh in front of a mirror. Enjoy laughing twice a day to keep the doctor away.

XI. Early to bed and early to rise makes a man healthy, wealthy and wise. An apple a day—be happy and gay.

डी० गोपालय [illegible]
वेदविभाग
[illegible]
द्वारा प्रदत्त

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MENTAL CULTURE

The real origion of all disease is the mind. From the mind the disease is communicated to the pyhsical body. In order to keep good health, one must find out and eradicate the mental ills. The mind alone is the cause for bondage and Liberation. The mind wants supreme delight and Happiness unmixed with pain. The impure mind filled with delusion and worldly thoughts is the real enemy of the Atma, causing one to wade through the ocean of rebirth. Destroy this mind. The mind is endowed with creative power. Just as objects are created by the mind in a dream, everything is created by the mind in a waking state also.

There are several methods for mind conquest such as, (1) self denial, (2) Raj Yoga: stilling the mind, (3) Bhakti Yoga, (4) Self-surrender, placing the mind at the feet of the Lord, (5) selfless service, (6) elimination of all desires, (7) pranayam, (8) continuuus repetition of Ram Nam, (9) mantra jap, (10) meditation, (11) self conquest, (12) realisation, (13) Prayer to Divine Mother and Lord, (14) patience, perserverance, and strong determination, (15) conquest of Raga and Dwesha (likes and Dislikes) and developing the opposite virtues, (16) Viraygna—dispersion of cosmic love and Abhyas—practice, (17) strong yearning for liberation. (18) dietic discipline, (19) concentratration on a simple objects, (20) self punishment, control of speech, etc.

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A portion of the mind studies, watches the movement of the rest of the mind. By careful watch and vigilence, many defects may be detected and removed. By subtle spiritual descipline and sadhana the mind comes within one's easy control. The action of discrimination dispels the darkness of ignorance. One may be able to swallow the ocean, walk over fire and water or fly through the air, but it is more difficult to control the mind. The grace of the Lord or Guru is essential in order to attain that end. Conquest of the mind is the first step to spirituality, and is the greatest victory.

What is the Mind ? The mind is inert. It cannot by itself illuminate an object, but gains permission from the Atma. Mind is Maya, born of Prakriti. The universe is no other than mind itself. The form of mind is Sankalpa, thought or imagination. Mind is the collection of Sansakar or impressions. It is a bundle of likes and dislikes. Mind is made up out of matters. It is made out of the subtlest portion to food. The mind is termed the sixth sense.

Stages of the Mind. When the mind does Sankahya-Vikalpa it is called mind. When it discriminates and decides it is called Budhi, or intellect. When it self arrogates it is Ahankar or egoisn. When it remembers or recalls it is called chita.

Forms of the Mind, The Sattwic mind is calm and harmonious. It meditates, renounces, enquires and moves toward the Atma. It becomes cooler and calmer. The Rajsic mind is passionate. It wants power, pose-

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ssion and domination. The Tamsic mind is heediess. It sleeps and is full of darkness. These are the three forms of the mind.

The pure mind leads to liberation. The mind has the potency of creating or destroying the world in the world in the blinking of an eye. The mind alone sees and hears and the Atma witnesses. Go beyond the mind and discover the hidden soul. If your mind is quelled, you will enjoy peace. The mind likes sweet sounds, and can easily be controled by melodious tunes and sweet sounds of Ram Nam and Kirtan. Continued thoughts of God concentrates the mind on the object, and will conquer desire and give supreme peace

May God link us to the Auspicious Mind.

डॉ० गोपालचन्द्र मिश्र जी
[illegible]
सम्पूर्णानन्द संस्कृत विश्वविद्यालय वाराणसी
द्वारा प्रदत्त

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डॉ० [illegible] द्र मिश्र जी
[illegible]माध्यक्ष,
सम्पूर्णानन्द संस्कृत विश्वविद्यालय वाराणसी
द्वारा प्रदत्त

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1. Kalyan Ki Sadhana ... ...
2. Vaishnav Dharam Prashnotri ... ...
3. Shri Hanumant Prarthana ... ...
4. Shri Prem Lata Vrihad Jeewan Charitra
5. Shri Prem Lata Shatak ... ...
6. Shri Seeta Tatna Prakash ... ...
7. Shri Satguru Updesh Ratnawali ...
8. Shri Vaishnawa Dharam Vigyan ...
9. Sambandh Patram ... ...
10. Guru Geeta ... ...
11. Premlata Padawali (Part) ... ...
12. Bhakti Marg ke Chamatkar ... ...
13. Nam Chalisa ... ...
14. Sakat Geetawali (Poems) ... ...
15. Prem Yogya Rahasya ... ...
16. Seeta Upasana Rahasya ... ...
17. Hanumat Tatva Prakash ... ...
18. Nirogi Kaya ... ...
19. Shri Manas Rahasya Prakashika ... ...
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